

**The 4th Annual Russell Graham Memorial
Regional Qualifier Meet
Panhandle, Texas
April 21, 2011**

3:00-3:30 Scratch Meeting (Metal building on the North end of field)

The 3200 will begin at 4:00

FIELD EVENTS – 4:00

Shot Put	VG	VB
Discus	VB	VG
Pole Vault	VB	VG
Long Jump (Pit 1)	VG	VB
Triple Jump (Pit 3)	VB	VG
High Jump	VG	VB

Field events will begin at 4:00. Each competitor will receive 3 jumps or 3 throws and the top 8 will go to the finals. All legal throws and jumps will be measured and the top 3 finishers will be awarded medals.

RUNNING EVENTS – 5:30

400 M Relay
800 M Run
100 M Hurdles
110 M Hurdles
100 M Dash
800 M Relay
400 M Dash
300 M Hurdles
200 M Dash
1600 M Run
1600 M Relay

Running events will begin at 5:30 and will be on a rolling schedule. Varsity Girls will go first in order. We will run against time only and the top 3 finishers will receive medals.

Concession will be available.

Entry fees - \$10 per athlete or \$60 per team (6 or more athletes)

Please make checks to: **Panhandle Booster Club**

*Please fax entries or send them via e-mail to Rodney Throgmorton by Wednesday at 3:00 P.M. so that we may enter athletes in our computer program.

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